

BREAST HEALTH RESOURCE GUIDE

SERVING THE MID-MISSOURI AFFILIATE AREA

Mid-Missouri Affiliate of Susan G. Komen for
the Cure ®

3301 W Broadway, Suite C Room 107
Columbia, MO 65203

(573)445-1905

E-mail: office@komenmidmo.org

Website: www.komenmidmissouri.org

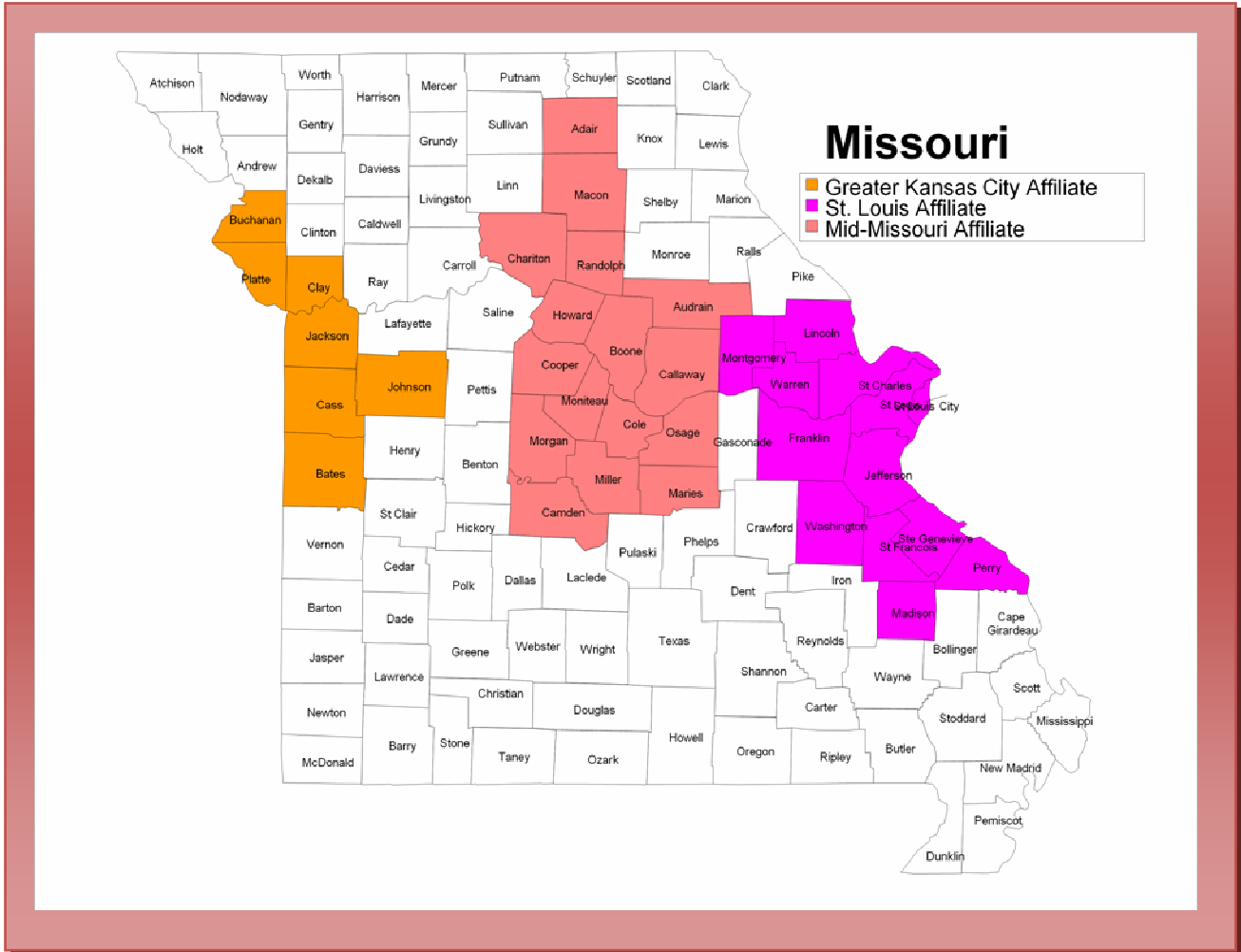
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If you find any missing or incorrect information, please contact us.
Thank you.

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Missouri Affiliate Area

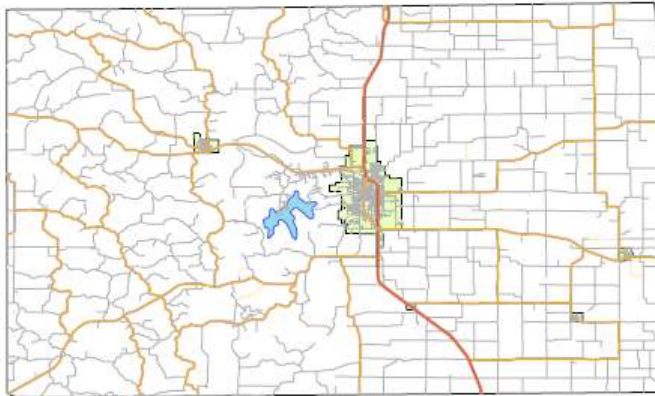


Mid-Missouri Affiliate Area



Example County

COUNTY MAP



**Map attributes will be listed beneath the map.

MEDICAL

- Hospitals (Hospitals and Clinics in area)
- Federally Qualified Health Centers (FQHC)
- Mammography Centers
- Show Me Healthy Women Program Providers (SMHW)
- Cancer Centers

POST-DIAGNOSIS

- Pharmacies
- Support Groups
- Accessories (Lymphedema garments, Wigs, Breast Prosthesis)
- Transportation (Public transportation)

ORGANIZATIONS SERVING LOW INCOME

- Health Department

SOCIAL NETWORKS

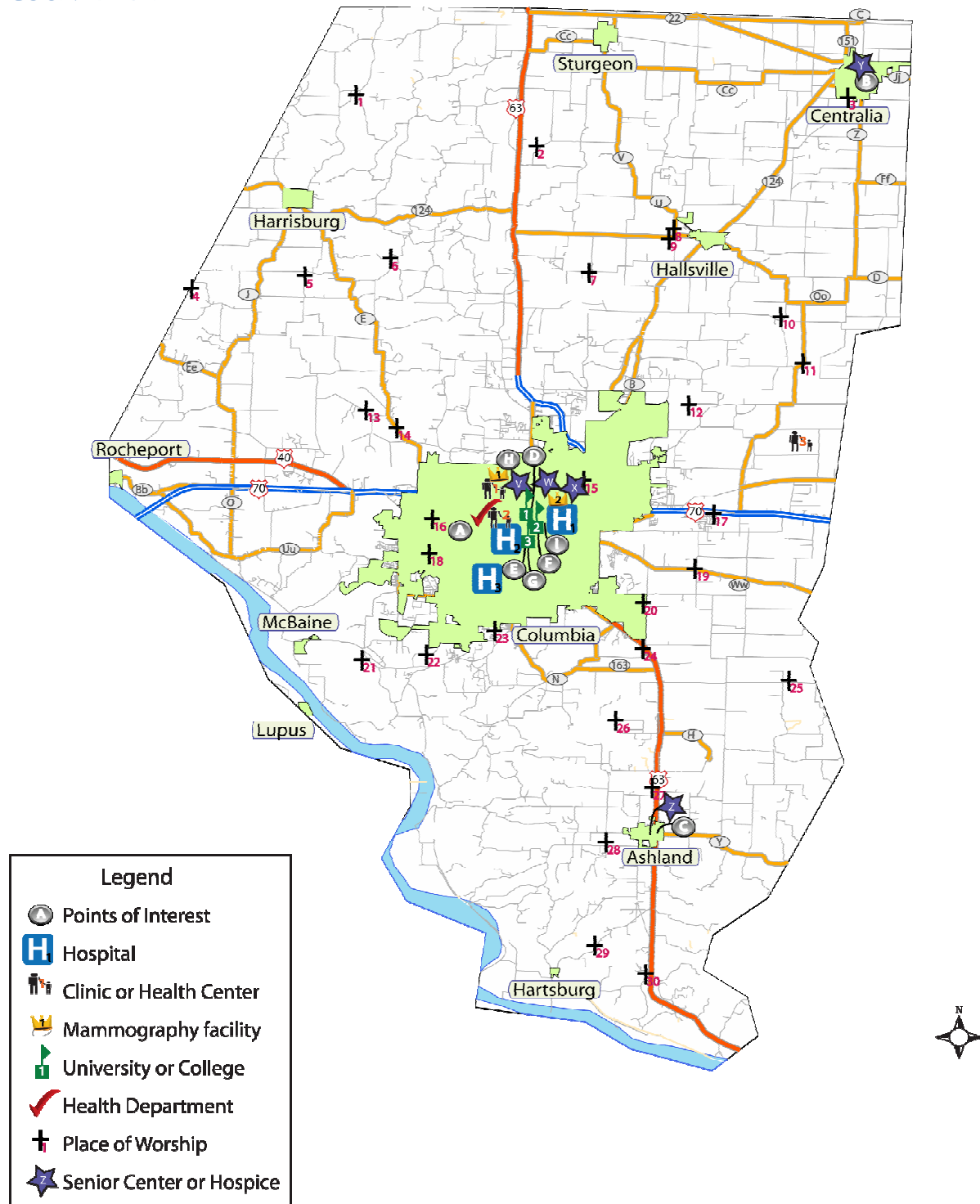
- Senior Centers
- Support Groups

INFORMATION SOURCES

- American Cancer Society
- Libraries
- CIS (hotline)

Boone County

COUNTY MAP



Boone County Extended Legend

Health Department

- 1 Boone County Health Department

Hospitals

- 1 Boone County Hospital
- 2 University Hospital
- 3 Columbia Regional Hospital

Mammography Facility

- 1 Ellis Fischel Cancer Center
- 2 Boone Hospital Center

Clinics or Health centers

- 1 Ellis Fischel Cancer Center
- 2 Family Health Center of Boone County
- 3 Missouri Cancer Associates: Boone Hospital Center

Points of Interest

- A Daniel Boone Regional Library
- B Centralia Public Library
- C Southern Boone County Public Library
- D Stanford Library (Columbia College)
- E J. Otto Lottes Health Sciences Library (UMC)
- F Hugh Stephens Library (Stephens College)
- G Ellis Library (UMC)
- H American Cancer Society
- I Missouri Cancer Associates

Senior Centers or Hospice Care

- V Oakland Plaza Senior Center
- W Older American Klub (OAK)
- X Centralia Senior Center
- Y Columbia Area Senior Center
- Z Southern Boone County Senior Center

University or College

- 1 Columbia College
- 2 University of Missouri- Columbia (UMC)
- 3 Stephens College

Places of Worship

- 1 Perche Church
- 2 Locust grove Church
- 3 Good Shepard Church
- 4 Smith Chapel
- 5 Bethlehem Church
- 6 Red Rock Church
- 7 Friendship Church
- 8 Old Red Top Church
- 9 New Red Top Church
- 10 Mount Zion Church
- 11 Grandview Church
- 12 Mount Hope Church

- 13 Hatton Chapel
- 15 Emmanuel Church
- 17 Prairie Grove Church
- 19 Olivet Church
- 21 Mount Celestial Church
- 23 Bethel Church
- 25 Barnes Chapel
- 27 New Salem Church
- 29 Bonds Chapel

- 14 New Providence Church
- 16 Broadway Church
- 18 Fairview Church
- 20 Sugar Grove Church
- 22 Union Church
- 24 Little Boone Femme Church
- 26 Log Providence Church
- 28 New Liberty Church
- 30 Mount Pleasant Church

MEDICAL

- Hospitals

University Hospital
 1 Hospital Dr
 Columbia, MO 65201
 (573)882-2016
 www.muhealth.org

Columbia Regional Hospital
 1000 W Nifong Blvd, Building1
 Columbia, MO 65203
 (573)499-6060
 www.muhealth.org

Ellis Fischel Cancer Center
 115 Busines Loop 70 W
 Columbia, MO 65203
 (573) 882-2100; (573) 882-4141
 www.muhealth.org

Boone Hospital Center
 1600 E Broadway
 Columbia, MO 65201
 (573) 815 8000
 www.boone.org/bhc

- Federally Qualified Health Centers

For the FQHC closest to your home, go to findahealthcenter.hrsa.gov and enter your address.

Family Health Center of Boone County
 1001 W Worley St
 Columbia, MO 65203
 (573) 214-2314
 Toll Free: (877) 677-4342
 www.fhcmo.org

- Mammography Centers

Ellis Fischel Cancer Center
 115 Busines Loop 70 W
 Columbia, MO 65203
 (573) 882-2100; (573) 882-4141
 www.muhealth.org
 Offer digital and analog mammograms. Assistance available for those in need.

Boone Hospital Center
 Harris Breast Center
 1600 E Broadway
 Columbia, MO 65201
 (573) 815-8150
 www.boone.org
 Only offer digial mammograms. Set price for all mammograms.

- Show Me Healthy Women Program Providers (SMHW)

- Visit www.dhss.mo.gov/BreastCervCancer/ProviderLists.html for current providers
- For a description of the SMHW program, please see Appendix

- Cancer Centers

Ellis Fischel Cancer Center
115 Business Loop 70 W
Columbia, MO 65203
(573) 882-2100; (573) 882-4141

Missouri Cancer Associates
1705 E Broadway, Suite 100
Columbia, MO 65201
(573) 874-7800
Toll Free: (866) 724-2413

POST-DIAGNOSIS

- Pharmacies

Kilgore's Medical Pharmacy
700 N Providence Rd
Columbia, MO 65201
(573) 442-0194

Ashland Pharmacy
113 E Broadway
Ashland, MO 65010
(573) 657-2600

Flows Pharmacy
1506 E Broadway Ste 118
Columbia, MO 65201
(573) 449-5366

Gerbes Pharmacy
2900 N Paris Rd
Columbia, MO 65203
(573) 474-9418

Missouri Cancer Care Pharmacy
1705 E Broadway, Suite 100
Columbia, MO 65201
Phone: (573) 874-7800
Toll Free: (866) 724-2413

Wal-Mart Pharmacy
1201 Grindstone Pkwy
Columbia, MO 65203
(573) 449-0815

Boone
Hy - Vee Pharmacy
3100 Broadway W
Columbia, MO 65203
(573) 447-2144

Boone Plaza Pharmacy
1601 E Broadway, Suite 140
Columbia, MO 65201
(573) 815-6255

University Hospital Physicians Medical Building
Pharmacy
1101 Hospital Dr
Columbia, MO 65212
(573) 882-8600

Wal-Mart Supercenter Store #80
3001 W Broadway
Columbia, MO 65203
(573) 445-9506

Missouri Cancer Associates: Boone Hospital Center
1600 E Broadway
Columbia, MO 65201
Phone: (573) 815-8000

Wal-Mart Pharmacy
415 Conley Rd
Columbia, MO 65201
(573) 499-4935

- Support Groups

Mid –Missouri Breast Cancer Awareness Group
Meets second Wednesday at 6:00 PM
At ACS Office
Contact Kathy Windmoeller at 573-443-0622

- Accessories

- Look Good Feel Better Program by American Cancer Society
Look Good Feel Better is a free program. Trainers show participants how to rejuvenate their looks and participants receive a “tool kit” of products. Wigs, turbans, and scarves are available to try on and keep. For more information and locations near you call 1-800-395-LOOK or visit www.lookgoodfeelbetter.org

Prange Intimates
 2503 Bernadette Dr
 Columbia, Missouri 65203
 (573) 445-2747
 Mastectomy bras and breast prosthesis measured and most in stock, others ordered in.
 Lymphedema garments measured and most in stock others ordered in.

Kilgore's Medical Pharmacy
 700 N Providence Rd
 Columbia, MO 65201
 (573) 442-0194
 Mastectomy bras and breast prosthesis measured some in stock, others ordered in.
 Lymphedema garments measured and some in stock others ordered in.

Mid Missouri Orthotics & Prosthetics
 1101 Lakeview Ave, Suite A
 Columbia, MO 65201
 (573) 817-1782
 Lymphedema measured and order in or send out to pharmacy.

Just what the Doctor Ordered
 1603 Chapel Hill Road, Suite 103
 Columbia, MO 65203
 (573) 234-2005
 Breast prosthesis measured and ordered in.
 Lymphedema garments measured and ordered in.

• Transportation

- Advantage Medical Transport
 203 S Main St, Suite A
 Fayette, MO 65248
 (660) 248-2360
 Toll-free: (886) 262-2360
 Available 24/7 rates determined by distance,
 Non-emergency and emergency travel
 No eligibility requirements
 Medical transportation paid by Medicaid and private pay
 Call for rates

- Services for Independent Living
 1401 Hathman Pl
 Columbia, MO 65201
 (573) 874-1646
sil@silcolumbia.org
 Available Sun-Fri 8am-5pm
 No fees associated with most services
 Door-to-door transportation
 Eligibility: individuals with mental or physical disabilities

- Central Missouri Area Agency on Aging
1121 Business Loop 70 E, Suite 2A
Columbia, MO 65201
(573) 443-5823
cmaaa@cmaaa.net
www.cmaaa.net
Office Hours: Mon-Fri 8am-5pm
No fees
Must be at least 60 years old
Transportation assistance available

- OATS, Inc. *
Mid-MO Regional Office
Jack Heusted, Regional Director
2501 Maguire Blvd., Ste. 103
Columbia, MO 65201
(573) 449-3789
jackh@oatstransit.org
www.oatstransit.org
No fees, donations accepted
Eligibility: Age 60 or older, age 18-59 with a permanent disability, and the rural general public
Services available: personalized door-to-door services, transportation provided on a scheduled basis, priority given to elderly and disabled.

Each Region has slightly different services available, so talk to your regional office to learn the specifics in your area.

Schedule for OATS services in Boone County below: call to verify routes and times with the OATS office at (573) 443-4516

To Columbia: Driver Mac McDowell

from Ashland, Central Boone, Hallsville	1st, 2nd, 3rd, 4th Mondays
from Centralia, Harrisburg, Rocheport, Sturgeon	1st, 2nd, 3rd, 4th Wednesdays

To schedule a ride on any of these routes, call the contact number in your town:

North/Central Boone	Ann Quade	(573) 474-6725
Rocheport	Ann Quade	(573) 474-6725
Sturgeon	Bonita Barnes	(573) 687-3645
	Betty Smith	(573) 687-3600
Centralia	Mary Bagley	(573) 682-3356
		(573) 387-4511
Boone County	Mac McDowell	(573) 268-7630 (Cell)

City of Columbia

To schedule a ride in Columbia, call Robbie at the Mid-MO Office 5-7 days in advance at (573) 449-3789

Medical Appointments	Mondays	8:30a.m.-2:30p.m.
Grocery Shopping (East of Providence) <i>Gerbes on Paris Road and Wal-Mart</i>	Tuesdays	8:00a.m.-11:00a.m.
Grocery Shopping (West of Providence) <i>Gerbes and HyVee on Broadway and Wal-Mart</i>	Tuesdays	12:00p.m.-3:00p.m.
Medical Appointments	Wednesdays	8:30a.m.-2:30p.m.

ORGANIZATIONS SERVING LOW INCOME

- Health Department
Boone County Health Department
1005 W Worley St
Columbia, MO 65203
(573) 874-7345
www.gocolumbiamo.com/Health

SOCIAL NETWORKS

- Senior Centers
Oakland Plaza Senior Center
805 Old Hwy 63 N
Columbia, MO 65202
(573) 449-8000

Centralia Senior Center
211 West Bruton St
Centralia, MO 65240
(573) 682-5053
Alt phone: (573) 449-8000

Southern Boone County Senior Center
406 Douglas Dr
Ashland, MO 65010
(573) 657-9512

Older American Klub * (OAK)
(Columbia Parks and Recreation)
601 Business Loop 70 W, Suite 216B
Columbia, MO 65203
(573) 874-7475

Columbia Area Senior Center
(Senior Services of Boone County, Inc.)
1121 Business Loop 70 E
Columbia, MO 65201
(573) 874-2050

- Support Groups
Mid –Missouri Breast Cancer Awareness Group
Meets second Wednesday at 6:00 PM
Contact Kathy Windmoeller at (573) 443-0622

INFORMATION SOURCES

- American Cancer Society
1 (800) 227-2345
www.cancer.org

Cancer Specialist available 24 hours everyday of the year to answer questions, explain what your diagnosis means, tell you about programs that are offered by your area American Cancer Society office, and give information about other organizations who offer relevant programs (including utility and transportation assistance).

- Columbia Office
1900 N Providence Rd, Suite 105
Columbia, MO 65202
(573) 443-1496

- Libraries

Daniel Boone Regional Library
100 W Broadway
Columbia, MO 65203
(573) 443-3161

Southern Boone County Public Library
117 E Broadway
Ashland, Missouri 65010
(573) 657-7378
www.dbrl.org/southern-boone-county-public

University of Missouri
J. Otto Lottes Health Sciences Library
1 Hospital Dr
Columbia, MO 65212
(573) 882-0471
library.muhealth.org
Open to the public. Public cannot check out books or use computers.

Stephens College
Hugh Stephens Library
6 N College
Columbia, MO 65201
Circulation: (573) 876-7182
Reference: (573) 876-7181
Open to the public. Public cannot check out books or use computers.

Centralia Public Library
210 S Jefferson St
Centralia, MO 65240
(573) 682-2036

Columbia College
Standford Library
1001 Rogers St
Columbia, MO 65216
(573) 875-7381
reference@ccis.edu
Open to the public. Public cannot check out books or use computers.

University of Missouri
Ellis Library
104 Ellis Library
Columbia, MO 65201
(573) 882-4701
mulibraries.missouri.edu
Open to the public. Public cannot check out books or use computers.

- CIS (hotline)

- Contact National Cancer Institute Cancer Information Service (CIS) at 1 (800) 422-6237

RESOURCES

Possible Resources for receiving free or reduced cost are available all over the service area. Some of options available include:

SHOW ME HEALTHY WOMEN PROGRAM

Show Me Healthy Women is a program designed to help cure and eliminate breast cancer. This is done through free to low cost breast and cervical cancer screening to those living in Missouri who meet the requirements of the program. If diagnosed through this program they maybe eligible for free treatment through Medicaid.

Services available depending on age and income include:

- Free Mammograms (Only those 50 years and older without Medicare Part B)
- Free Clinical Breast Exams (CBE)
- Free Pelvic Exams
- Free Pap Tests

Certain guideline restrictions:

- Must be over 35 years old
- Limited or no health coverage
- Not eligible for Medicaid or Medicare
- Income below the 200% federal poverty level. See chart below for annual income.

Size of household	SMHW Annual	SMHW monthly	SMHW weekly
1	\$21,660	\$1,805.00	\$416.54
2	\$29,140	\$2,428.33	\$560.38
3	\$36,620	\$3,051.67	\$704.23
4	\$44,100	\$3,675.00	\$848.08
5	\$51,580	\$4,298.33	\$991.92
6	\$59,060	\$4,921.67	\$1,135.77
7	\$66,540	\$5,545.00	\$1,279.62
8	\$74,020	\$6,168.33	\$1,423.46
Each additional person, add:	\$7,480	\$623.33	\$143.85

Source: *Federal Register*, January 23, 2009

aspe.hhs.gov/poverty/09poverty.shtml

Annual is correct. Other amounts have been rounded up.

- If between the ages of 35-49 are eligible for:
 - Pelvic exam, Pap test and Clinical Breast Exam (CBE)
 - Diagnostic breast services if CBE results are suspicious for cancer.
 - Diagnostic cervical services if initial/follow-up Pap test was abnormal and was provided by a participating provider or through outside referrals with Pap test results of High Grade SIL or worse.
 - Not eligible for mammograms

- If between ages of 50-64 without Medicare Part B are eligible for:
 - Clinical Breast Exam
 - Mammogram
 - Pelvic exam
 - Pap Test
- Cervical cancer screenings for women who have had a hysterectomy:
 - Due to cervical cancer or dysphasia are eligible for Clinical Breast Exam, pelvic examination and Pap test.
 - Due to any reason other than cervical cancer or dysphasia are eligible for one Pap test and pelvic examination to determine the absence or presence of the cervix.
 - Due to conditions other than cervical cancer or dysphasia and the cervix is absent are eligible for a CBE.

There is **NO guarantee eligibility for free screening** services through Show Me Healthy Women provider. Contact the provider close to you to find out more about eligibility, making an appointment, and necessary documentation.

Providers of Show Me Healthy Women are always changing due to funds fluctuation, therefore it is a good idea to contact the provider to make an appointment and find out information prior to going in.

For providers near you:

- Alphabetical Listing: www.dhss.mo.gov/BreastCervCancer/Providerlist.xls
- Listing by county: www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html

Note: Non-U.S. citizens may receive screening but they will not be eligible for the cancer treatment through Medicaid.

For more information contact:

- National Cancer Institute Cancer Information Service (CIS) at 1-800-422-6237, press option “1”
- Bureau of Cancer and Chronic Disease Control: Show Me Healthy Women Program (SMHW)
Missouri Department of Health and Senior Services
PO Box 570, Jefferson City, MO 65102-0570 Telephone: 573-522-2845, Fax: 573-522-2899,
Email: info@dhss.mo.gov

This information has been retrieved from www.dhss.mo.gov/BreastCervCancer/Eligibility.html on October 14, 2009.

- **MedZou Clinic** is a student run medical clinic that provides free healthcare to the uninsured in Columbia. The Clinic uses a combination of medical students and faculty (doctors, nurses and social workers) to provide quality health care for those that come to the clinic.
Central Missouri Community Action (CMCA) Building, 400 Wilkes Blvd, Columbia, MO 65201
Open on Thursdays from 6:00 PM - 9:00 PM

For more information contact:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Natalie Fieleke
<i>Senior Information Specialist</i>
School of Medicine - Communication & Innovation
Phone: 573-884-7541
Fax: 573-884-4808
Email: fileken@health.missouri.edu | <ul style="list-style-type: none"> • Chris Gu
<i>Medical Student</i>
School of Medicine - Class of 2012
Email: chris.gu@mizzou.edu |
|---|---|

- **Ellis Fishcel Cancer Center** is a part of the University of Missouri Health System located in Columbia, Missouri. Each year they help thousands of people with their comprehensive cancer prevention, detection, and treatment services. Ellis Fischel works with all types of cancer. The Margaret Proctor Mulligan Breast Health and Resource Program focuses on breast health. The services provided by this program include screening and diagnostic mammograms, breast ultrasounds, lymphedema education and therapy, support groups, prosthetic and cosmetic support, a resource library and a second opinion breast cancer clinic.
 - For more information:
 - visit www.muhealth.org/default_efcc.cfm?id=74
 - or contact:
 - For general questions regarding breast health or breast cancer, please contact Erin Spears, Nurse Clinician at (573) 884-7718.
 - Referrals and new patients: (573) 882-8454.
 - Existing patients: (573) 882-8445
 - To schedule a mammogram: (573) 882-8511
- **Mobile Mammography Van Service** is a 44 foot van that has an examination room and a mammography suite. Mammograms, clinical breast exams and breast health educational materials are all available. The van travels throughout our affiliate area for an upcoming schedule visit www.muhealth.org/body_efcc.cfm?id=1432 with its home base at Ellis Fischel in Columbia, Missouri. If you are interested in bringing the cancer screening van to their community can make arrangements by calling (573) 882-8511 or 888-MAM-VAN1 (888-626-8261).

ORGANIZATIONS

- **Missouri Cancer Associates** are located in Kirksville and Columbia, Missouri and offers comprehensive cancer care services include radiation therapy, diagnostic radiology, pharmacy services, and patient support services. For more information visit their website at www.missouricancer.com or call us at 573-875-7081 Monday through Friday, between 8:30 a.m. and 5:00 p.m. to make an appointment.
- **American Cancer Society** for the American Cancer Society office and services available in your community visit www.cancer.org or call 1-800-ACS-2345. The different offices can have a variety of services available. Some of the services include:
 - **Look Good Feel Better** is a free public program offered by the American Cancer society for individuals with cancer. Programs are held once a month at designated locations. Visit www.lookgoodfeelbetter.org to find a location near you. During the program individuals are put into small groups and lead by a trained cosmetologist though a 12 step process on how to rejuvenate your look, they also receives a “tool kit” which is product neutral that will be used in the 12 step process. Wigs, turbans, and scarves will be available at the end to try on and keep if wanted. *It’s also a great time to ask how to tie a scarf or turban in order to get the correct style (paper instructions are also in the small booklet that outlines the 12 step process). For more information call 1-800-395-LOOK or Visit www.lookgoodfeelbetter.org.

- **Reach to Recovery** is a program is designed to help both males and females cope with their breast cancer through face-to-face visits and phone conversations with Reach for Recovery volunteers. The volunteers are all survivors and have normal productive lives now; they offer to others their knowledge, understanding, and hope. For more information about the program or to find a program near you visit In My Community on the American cancer web site at www.cancer.org or call 1-800-227-2345.
- **Road to Recovery** is a program that provides transportation to and from treatment for individuals with cancer that do not have a ride or are unable to drive themselves. Call 1-800-ACS-2345 to find out if Road to Recovery is available in your community.
- **Tender Loving Care (TLC)** is a magazine/catalog that has helpful information with products for women with cancer or cancer treatment that causes hair loss including: wigs, breast prosthesis, lymphedema garments, hairpieces, breast forms, bras, hats, turbans, swimwear, and helpful accessories at the lowest possible prices. To request a copy of TLC, call 1-800-850-9445, or visit TLC online at www.tlcdirect.org.
- **I Can Cope** is a free educational program for individuals facing cancer –themselves or through a friend or family member. I Can Cope classes help disprove common cancer myths and give straightforward information. For more information about I Can Cope classes in your area, call 1-800-227-2345, or visit our web site, www.cancer.org. Classes are also available online visit www.cancer.org/onlineclasses to take the course online.
- **National Cancer Institution (NCI)** is primarily a research institution with information for the public, health professionals and patients both on cancer in general and the research/clinical trials that NCI has performed. For more information about cancer call 1-800-4-CANCER or visit www.cancer.gov
- **Breast Cancer National Network of Strength** is a Some of the services offered to women include:
 - **YourShoes a 24/7** breast cancer support center staffed by breast cancer survivors who know first-hand what it is like to walk in the shoes of someone who is facing the disease. To contact a breast cancer survivor at the support center call 1-800-221-2141 or go to www.networkofstrength.org/programs/yourshoes.php and email now.
 - **Breast Cancer Survivor Match Program** gives you the opportunity to be paired with a peer counselor who had the same diagnosis, is the same age or has experienced similar challenges as you. For more information www.networkofstrength.org/programs/match.php
 - **Partner Match Program** provides support and education for people while they are supporting a wife, partner or other loved one through the disease. For more information go to www.networkofstrength.org/programs/partnermatch.php

STL/ KANSAS CITY RESOURCES

- **Wigs**
 - Cancer Action at (913) 642-8885 direct the donation or three locations in the greater Kansas City area